

Some more work

Workout - beginner

Warm Up - Mobility

- A1. 5 min Joint Mobility
- A2. Wrists Routine X 1 set
- A3. Shoulder ROM and Stabilization routine X 1 set
- A4. Ido's Squat Clinic Routine X 1 set
- A5. Scapula Mobilization Routine X 1 set

Equilibre

- B1. Static QDR 10-30 sec per side / 3 sets / 45 sec rest

Floreio

- C1. QDR Rotational Push Ups -Beginner variation X 10-14 reps / 2 sets / 60 sec of rest
- D1. High Bridge Static Hold 30 sec
- D2. Rotations Into Arch Using The Wall X 10 reps / repeat D1-D2 for 2 sets / 60 sec rest

or

- D1. Rotations into High Bridge X 10 reps / 2 sets / 60 sec rest
- E1. Corta Capim Rotations X 20 reps per side / 2 sets / 60 sec
- F1. Corta Capim Spin X 14 reps / 2 sets / 60 sec of rest
- G1. Au Cortado X 12-16 reps / 2 sets / 60 sec of rest

Conditioning

- H1. The Shrimp (foot+knee or just knee of the back leg touching the ground)
 - H2. Swedish Bench Hanging Leg Raises
 - H3. Basic Bridge Push Ups
- Perform 10 (5-5 per leg in the shrimp), 8, 6, 4, 2 reps with as little rest as possible of H1-H3

Prehab

- J1. Wrists Routine X 2 sets

Workout Intermediate

Warm Up - Mobility

- A1. 5 min Joint Mobility
- A2. Wrists Routine X 1 set
- A3. Shoulder ROM and Stabilization routine X 1 set
- A4. Ido's Squat Clinic Routine X 1 set
- A5. Scapula Mobilization Routine X 1 set

Equilibre

- B1. Static QDR 20-30 sec per side / 3 sets / 45 sec rest

Floreio

- C1. Rotation Into High Bridge to Head to QDR Exit X 10 reps / 2 sets / 60 sec
- D1. Queda Batido - easy variation X 16-20 reps / 2 sets / 60 sec of rest
- E1. Corta Capim Spin into QDR Rotational Push Up 10 reps / rest 60 sec / 2 sets
- F1. Au Cortado into Corta Capim Spin X 10-14 reps / 2 sets / 60 sec of rest

Conditioning

- G1. The Shrimp (just knee of the back leg touching the ground)
- G2. 0-90 Hanging Leg Raises

G3. One Leg Bridge Push Ups (change legs every rep)

Perform 10 (5-5 per leg in the shrimp),8,6,4,2 reps with as little rest as possible of G1-G3

Rehab

G1. Wrists Routine X 2 sets

Workout of the day - Advanced

Warm Up - Mobility

A1. 5 min Joint Mobility

A2. Wrists Routine X 1 set

A3. Shoulder ROM and Stabilization routine X 1 set

A4. Ido's Squat Clinic Routine X 1 set

A5. Scapula Mobilization Routine X 1 set

Equilibre

B1. Static QDR 30 sec per side / 3 sets / 45 sec rest

Floreio

C1. Rotation Into Low Bridge - QDR 2 QDR Role 10 reps X 2 sets / 60 sec

D1. Queda Batido - advanced variation X 20 reps / 2 sets / 45 sec of rest

E1. Au Cortado - Corta Capim - QDR Rotational Push Up - Role 10 reps / 2 sets / 60 sec

F1. Corta Capim Rotations Into Bridge Rotation With QDR Exit 10 reps / 2 sets / 60 sec

Conditioning

G1. The Shrimp - in a quad stretch position or with knee only touching behind you

G2. 0-90 Hanging Leg Raises or One Arm Hanging Leg Raises (change arms every rep)

G3. One Arm Bridge Push Ups (change arms every rep)

Perform 10 (5-5 per leg in the shrimp),8,6,4,2 reps with as little rest as possible of G1-G3

Prehab

J1. Wrists Routine X 2 sets